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Versatile Vinegar

HOUSEHOLD HINTS & RECIPES



THE VINEGAR INSTITUTE

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The Romance of Vinegar

It is intriguing to think that in today's computerized, sophisticated world we're still using one product which was discovered — quite by chance — more than 10,000 years ago. Perhaps even more interesting, there is a growing legion of people who now find this ancient potion more useful, more important than ever before!

Vinegar. Simplicity itself (though its manufacture today is anything but). The French said it succinctly: *vinaigre* — meaning sour wine. That is its origin; the discovery that a cask of wine gone past its time had turned to a wonderful new product. Through the centuries vinegar has been produced from many other materials, including molasses, sorghum, fruits, berries, melons, coconut, honey, beer, maple syrup, potatoes, beets, malt, grains and whey. But the principle remains unchanged — fermentation of natural sugars to alcohol and then secondary fermentation to vinegar.

The ancients were quick to find the remarkable versatility of vinegar. The Babylonians used it as a preservative and as a condiment and it was they who began flavoring it with herbs. Roman legionnaires used it as a beverage. Cleopatra demonstrated its solvent property by dissolving precious pearls in it to win a wager that she could consume a fortune in a single meal. Hippocrates extolled its medicinal qualities and, indeed, it was probably one of our earliest remedies. Biblical references show how it was much used for its soothing and healing properties. And when Hannibal crossed the Alps it was vinegar which helped pave the way. Obstructive boulders were heated and doused with vinegar, which cracked and crumbled them.

It is easy to see why such a product was prized in simpler times when chemistry and medicine were so rudimentary. But it is absolutely fascinating to find that vinegar continues to be used in so many of those ways today.

As recently as World War I, it was being used to treat wounds. And today it is recommended for treatment of rashes, bites and other minor ailments when camping. Vinegar is an essential for the modern homemaker in pickling and preserving. And good cooks are still finding new recipe uses for it every year (particularly in this country where so much experimentation with foreign cuisines is taking place).

At the same time, vinegar is being rediscovered as a household helper. Here is a staple of the pantry shelf — economical, always at hand, ready to serve in a great variety of ways (see the Household Uses section, page 3). As one homemaker put it, "There's a whole shelf's worth of specialized cleaners in one bottle of vinegar."

On the following pages, we've listed some of the many ways versatile vinegar can help around the house. Following that, there are a few of the good recipes which show its flavor and preservative virtues.

Of course, vinegar is not simply "vinegar" these days. As noted earlier, this product is made from many different ingredients and the results differ in flavor and, to a certain extent, performance. Here is a quick guide to the modern vinegar shelf.

Know Your Vinegars



White Distilled Vinegar. Made from ethyl alcohol. All-purpose. Particularly recommended for pickling when clarity is important, and the choice for all household cleaning chores. This is the strongest and sharpest flavored vinegar.

Apple Cider Vinegar. Adds the dimension of cider flavor. Widely used in cooking and pickling, especially when its darker color is desirable or acceptable.

Apple Cider Flavored Distilled Vinegar. A relatively new product, made by adding apple cider flavor to white distilled vinegar. Developed primarily to meet the summer demand for cider vinegar for pickling when cider is not plentiful. It offers both flavor and clarity.

Wine Vinegars. These products are simply wine converted to vinegar. Red is predominant, but white wine vinegar is also available. Wine vinegars flavored with garlic and/or herbs are also available. Use in salad dressing and sauces.

Other Specialty Vinegars. Malt vinegar, long popular in England, has become widely marketed here as a result of the rising popularity of fish and chips. Tarragon and many other herbed vinegars are also available.

All commercial vinegars have a minimum four percent acidity. Some manufacturers express this in grains, multiplying the percent by 10, thus 40 to 50 grain vinegar. This becomes especially important in pickling because it is absolutely essential to use vinegar with four to five percent acidity in order for it to act as a preservative.

Versatile Vinegar Tips

Household Uses

CUTTING GREASE

When washing an item that is greasy or smelly, a few tablespoons of white vinegar in the cleaning water will cut down the grease and help remove the odor.

REMOVING STAINS

An equal mixture of salt and white vinegar will clean coffee and tea stains from china cups.

SPARKLING GLASSWARE

One-half cup of white vinegar added to a gallon of rinse water will eliminate dull soap film from glassware and make it shine.

FOR BEER GLASSES

White vinegar is great for beer glasses. Always wash them separately and rinse in a mixture of one-half cup white vinegar to a gallon of water.

FRESHEN LUNCH BOXES

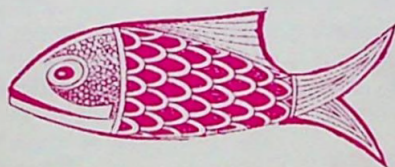
Lunch boxes get a stale, heavy smell once in a while. Dampen a piece of fresh bread with white vinegar and put it in the lunch box overnight.

BRIGHTER STAINLESS STEEL

Spots on your stainless steel kitchen equipment can be removed by rubbing the spots with a cloth dampened with white vinegar.

CLEANING FISH BOWLS

That unsightly deposit in the goldfish bowl can speedily be removed by rubbing with a cloth dipped in white vinegar. Rinse well.



OPENING CLOGGED DRAINS

You can help open a stopped-up sink drain by pouring a handful of baking soda down the drainpipe, adding one-half cup of white vinegar. Cover drain tightly for a few minutes, then flush with cold water.

LOOSEN TOUGH STAINS

To loosen hard-to-clean stains in glass, aluminum or porcelain pots or pans, boil one-quarter cup of white vinegar with two cups of water. Wash in hot soapy water.

CLEANING ELECTRIC IRONS

To remove dark or burned stains from an electric iron, rub with equal amounts of white or cider vinegar and salt, heated first in a small aluminum pan. Polish as you would silver.

WASHING MACHINE AID

To make sure your clothes get a thorough rinse, put a little white vinegar in your last rinse water. About one cup of white vinegar in your rinse water for an average-sized family washing will do the trick, whether you use a tub or a washing machine. Vinegar's five percent acidity is too mild to harm fabrics but strong enough to dissolve the alkalines in the soaps and detergents, giving your washables a better rinse. Commercial laundries use this same general principle in their rinses.

STREAKLESS WINDOWS

Nobody likes to wash windows, but here is an easy, fast way to handle this chore. Simply wash with a mixture of equal parts of white vinegar and warm water. Dry with a soft cloth. This solution will make your windows gleam and won't leave the usual film or streaks on the glass.

MAKING PLASTIC ANTI-STATIC

Add a tablespoon of white vinegar to each gallon of rinse water when washing plastic curtains. The vinegar acts as an anti-static solution and cuts down on the attraction of dust. Plastic upholstery also can be wiped clean with a damp cloth wrung out from a water and vinegar solution.

SHINIER PATENT LEATHER

Moisten a soft clean cloth with white vinegar and wipe clean all patent leather articles. Leaves objects shiny.

RUBBING VARNISHED WOOD

Varnished woodwork or furniture may become cloudy looking in time. If the cloudiness hasn't worked through the varnish, you can renew the luster of these

varnished surfaces by rubbing them with a soft lintless cloth wrung out from a solution of one tablespoon of white vinegar in a quart of lukewarm water. When rubbing, follow the grain of the wood. Finish the job by wiping the surface with a soft, dry cloth.



WASHING WOODWORK

You can ease the job of washing painted walls, woodwork and venetian blinds by using a mixture of one cup ammonia, one-half cup white or cider vinegar, and one-quarter cup of baking soda with one gallon of warm water. Wipe this solution over walls or blinds with a sponge or cloth and rinse with clear water. Dirt and grime come off easily and the solution will not dull the painted finish or leave streaks.

SOAKING POTS 'N PANS

Soak normal food-stained pots and pans in full-strength white vinegar for thirty minutes. Rinse in hot soapy water.

KEEPING COLORS FAST

To retain colors in fabrics that tend to "run," immerse them in white vinegar before washing. The color will then remain fast.

NO COOKING ODORS

Boil a tablespoon of white vinegar mixed in a cup of water to eliminate unpleasant cooking odors.

SMOKE-FILLED ROOMS

You can eliminate tobacco odors during and after a party by placing a small bowl of white vinegar in the room.



WHEN HANDLING ONIONS

A little white vinegar rubbed on your fingers before and after slicing onions will remove the odor of onions quickly.

REMOVING FRUIT STAINS

To remove fruit stains from your hands, rub them with a little white vinegar and wipe with a cloth.

SOFT FLUFFY BLANKETS

Two cups of white vinegar added to a washer tub of water make a good rinse for both cotton and wool blankets — leaves them free of soap odor, and their nap as soft and fluffy as new.

JARS COME CLEAN

Like to save peanut butter or mayonnaise jars for storage? Make sure you rinse them with white vinegar before reusing them to eliminate the odor of the former contents.

PAINTING STRATEGY

Absorb odor of fresh paint by putting a small dish of white vinegar in the room.

DISCOLORED ALUMINUM

Minerals in foods and water sometimes cause dark stains inside aluminum utensils. You can remove these stains by boiling a solution of one tablespoon of vinegar to each cup of water in the pot or pan.

SCORCH MARKS

Lightly rub white vinegar on fabric that has been slightly scorched. Wipe with a clean cloth.

DEODORANT STAINS

To get rid of stains left by deodorants and anti-perspirants on washables, lightly rub with white vinegar and then launder as usual.

AFTER "ACCIDENTS"

Sprinkle white vinegar over fresh doggie accidents on carpets. Wait a few minutes then sponge from the center out. Blot up with a dry cloth. Repeat for stubborn stains. First be sure to test the carpet for color fastness with vinegar in an inconspicuous place.

HAIR CARE

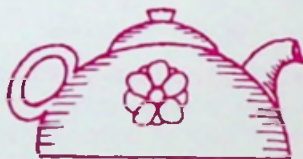
After washing your hair, rinse it well with one cup of water containing one tablespoon of white vinegar. This will remove the soapy film from your hair and leave it clean and fluffy.

OVEN TIP

Dampen your cleaning rag in white vinegar and water and use it to wipe out your oven.

CLEANING TEA KETTLES

If you get lime deposits in your tea kettle, gently boil a half-cup of white vinegar to a pot of water. Then rinse well.



SWEET BREAD BOXES

When you clean your bread box, keep it smelling sweet by wiping with a cloth dampened with white vinegar.

FROST-FREE WINDSHIELDS

Vinegar will help keep windshields ice-and-frost-free. When a car has to be left outside overnight in the winter, coat the windshields with a solution of three parts white or cider vinegar to one part water.

NAIL POLISH AID

To make your nail polish more long lasting, add two teaspoons white vinegar to one-half cup of lukewarm water. Dip fingertips in this solution for a few seconds. Dry before applying polish.

RELIEVES ITCHING

White vinegar alleviates the itching of insect bites. It's a time-honored remedy for wasp stings, bruises, chapped hands, sunburn and hives.

DECALS GO EASILY

Old decals can be removed easily by simply painting them with several coats of white vinegar. Give the vinegar time to soak in. After several minutes the decals should wash off easily.

SHARPER CREASES

For a sharper crease in knit slacks, dampen them with a cloth wrung out from a solution of one-third white vinegar and two-thirds water. Place a brown paper bag over the crease and press.

SETTING COLORS

When you are color dyeing, add about a cupful of white vinegar to the last rinse water to help set the color.

AFTER ALTERATIONS

When you remove a hem or seam and have holes from the thread showing, dampen a cloth with white vinegar, put it under the material and press.

Versatile Vinegar Tips

In Cooking

ATTRACTIVE CRUSTS

To put a sheen on the crust of homemade bread, take it out of the oven when it is almost baked, brush the top with white or cider vinegar, then return it to the oven for the last few minutes.

A TENDERIZING MARINADE

Vinegar is a fine tenderizer for tough meats or game. Make a marinade in the proportion of one-half cup of white, cider or wine vinegar to a cup of liquid bouillon.

FLUFFIER MERINGUE

For a really fluffy meringue, add one-fourth teaspoon of white vinegar to three egg whites.

NOTHING "FISHY" LEFT

If you are scaling fish, first rub white or cider vinegar all over the fish. This will make for easier handling and cut down the fishy odor on your hands, too.

KEEPING POTATOES WHITE

A teaspoon of white or cider vinegar added to the water in which you boil potatoes will keep them nice and white. You can keep peeled potatoes from turning dark by covering them with water and adding two teaspoons of vinegar.

POACHING EGGS

Add a teaspoon of white or cider vinegar to the water in which you are poaching eggs. The whites stay better formed.

KEEPING CHEESE FRESH

To keep cheese fresh and moist, wrap it in a cloth dampened in white vinegar and put it into an air-tight wrapping or container.



LOW-CALORIE DRESSING

Make your own low-calorie salad dressing with one cup of cottage cheese and one-quarter cup of skim milk mixed with a teaspoon of cider or wine vinegar (or more to taste). Blend for a minute or so, mix with a spoon and blend some more.

TENDER BEEF

When you boil beef, make sure to add about a tablespoon or more of white, cider or wine vinegar to the water to soften fibers and make it tender.

HOMEMADE "BUTTERMILK"

You can make "buttermilk" or sour milk simply by adding one tablespoon of white vinegar to each cup of sweet milk; let it stand for five minutes to thicken.

CUTS FAT ABSORPTION

Two tablespoons of white or cider vinegar added to one quart of cooking oil (before it is heated) will keep deep-fried food from absorbing excess fat.

TASTIER BOILED HAM

Add a little white, cider or wine vinegar to the water in which you boil ham. It will draw out some of the salty taste and improve the flavor.

DELICIOUS FISH

A few dashes of white or cider vinegar is a delicious addition to fried or boiled fish.

COLORFUL VEGETABLES

Vinegar added to the water in which you boil cabbage or beets will help the vegetables to retain their pretty, bright colors as well as cut down the cooking odors.



WHITER FISH

Try soaking fish in vinegar and water before cooking. You'll get a whiter, less "fishy" tasting fish. Use two tablespoons of white vinegar per quart of water and let fish fillets soak in it for 20 minutes before cooking.

WHITER ICINGS

- Seven-minute cake icing will be whiter and remain desirably soft if you add vinegar to the ingredients before cooking. Use one-half teaspoon white vinegar in a basic
- seven-minute icing calling for one-and-one-half cups sugar and two egg whites.

FIRMER GELATINS

Add a teaspoon of white vinegar to any gelatin recipe in the hot summer months to keep molded salads or desserts firm.

REDUCING SALTINESS

If soup or other food is too salty, add a teaspoon of vinegar, a teaspoon of sugar and reheat.

HOME CANNING HINT

If you can fruits or vegetables, wipe off the outsides of the jars with white vinegar after they are sealed. It will keep mold from appearing if you have a damp storage area.

GETTING LAST DROPS

To get the last bit of mayonnaise or salad dressing out of the jar, just dribble a little white vinegar into the jar, put the cap on tightly and shake.

TOO MUCH SWEETNESS

Use white vinegar to cut the sugary sweetness and bring out the flavor in desserts such as pecan pie or maple syrup pie. About a teaspoon will do it.

Versatile Vinegar Recipes

CHIFFONADE SALAD DRESSING

- $\frac{1}{3}$ to $\frac{1}{2}$ cup wine vinegar
- 1 cup salad oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 finely chopped hard-cooked egg
- 1 teaspoon minced onion
- 1 teaspoon chopped green pepper

Combine ingredients in a bowl or covered container; mix until well blended. Set aside to blend seasonings. Shake each time before using. Refrigerate unused portion.

YIELD: About 1 $\frac{1}{2}$ cups

GERMAN COLE SLAW

- 1 $\frac{1}{2}$ pound green cabbage, finely shredded (5 cups)
- 1 medium onion, chopped fine
- 1 medium green pepper, chopped fine
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup cider or white vinegar
- $\frac{1}{2}$ cup salad oil
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon celery seed

In a large bowl place cabbage, onion and green pepper. In a small saucepan combine sugar, vinegar and oil; bring to the boiling point. Immediately pour over vegetables. Add salt, black pepper and celery seed; mix well. Cover and refrigerate 12 hours or longer.

YIELD: 4 cups

FIVE BEAN SALAD

- 1 can (16 oz.) green beans
- 1 can (16 oz.) wax beans
- 1 can (16 oz.) garbanzo or lima beans
- 1 can (16 oz.) kidney beans
- 1 can (16 oz.) peas
- $\frac{1}{2}$ cup chopped cauliflower
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green pepper
- $\frac{1}{4}$ cup chopped pimiento
- 1 $\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ teaspoon paprika
- 1 cup cider or white vinegar
- $\frac{1}{2}$ cup salad oil

Drain beans and peas; place in a large bowl. Add cauliflower, celery, onion, green pepper and pimiento. In a small bowl combine sugar, paprika, vinegar and oil. Pour over vegetables; mix well. Cover and refrigerate 12 hours or longer.

YIELD: 2 $\frac{1}{2}$ quarts

VINEGAR PIE

- 4 eggs
- 1 $\frac{1}{2}$ cups sugar
- $\frac{1}{4}$ cup butter or margarine, melted
- 1 $\frac{1}{2}$ tablespoons cider or white vinegar
- 1 teaspoon vanilla extract
- 9-inch frozen pie shell, defrosted

Preheat oven to 350F. In a large mixing bowl combine eggs, sugar, butter, vinegar and vanilla; mix well. Pour into pie shell. Bake until firm, about 50 minutes. Cool on a rack. Serve garnished with chopped nuts or whipped cream, if desired.

YIELD: One 9-inch pie

COPPER DOLLARS

- 2 pounds carrots
- 1 large onion
- 1 large green pepper
- 1 cup sugar
- 1 can (10-3/4 oz) condensed tomato soup
- 3/4 cup cider or white vinegar
- 1/2 cup salad oil
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared mustard
- Salt and black pepper to taste

Slice carrots 1/4-inch thick. Cook carrots in 1-inch boiling water, covered, until tender, 10 to 15 minutes. Drain and cool. Slice and separate onion into rings. Slice green pepper into 1/4-inch wide strips. In a large bowl place carrots, onion and green pepper along with remaining ingredients; mix well. Cover and refrigerate 12 hours or longer. Keeps for several days in the refrigerator.

YIELD: 8 cups

DUTCH SPINACH SALAD

- 6 cups fresh spinach, torn into bite-sized pieces
- 1/2 cup chopped onion
- 4 slices bacon, diced
- 1/4 cup wine vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Place spinach and onion in a large serving bowl; set aside. In a skillet saute bacon until crisp; remove from heat. Stir in vinegar, sugar, salt and black pepper. Bring to the boiling point. Slowly pour hot dressing over spinach and onion; toss and serve at once.

YIELD: 4 to 6 portions

BARBECUED BEEF

- 4 pounds boneless beef chuck
- 3 to 4 cups water
- 2 tablespoons butter or margarine
- $\frac{1}{2}$ cup finely chopped onion
- 2 tablespoons brown sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon dry mustard
- 1 cup catsup
- 2 tablespoons cider or white vinegar
- 2 tablespoons Worcestershire sauce

Place meat and water in a large heavy sauce pot. Simmer, covered, until tender, about 3 hours. Remove meat and reserve 1 cup of the beef broth. Cool and shred meat; set aside. In the same sauce pot in which the meat was cooked, melt butter. Add onion; saute until tender. Stir in sugar, salt, mustard, catsup, vinegar, Worcestershire sauce and the reserved 1 cup beef broth. Add shredded beef; mix gently. Simmer, covered, for 30 minutes.

YIELD: 12 portions

SPICED APPLES AND GRAPES

VINEGAR SOLUTION:

- 2 quarts cold water
- 1 tablespoon coarse salt
- 1 tablespoon white vinegar
- 4 pounds red delicious apples, unpeeled

SYRUP:

- 2 cups white vinegar
- 2 cups water
- $3\frac{1}{2}$ cups sugar
- 1 teaspoon ground ginger
- 3 cinnamon sticks, 2-inches long, broken in half
- 1 tablespoon whole cloves
- 2 cups seedless grapes (1lb.)

To prepare vinegar solution mix cold water, salt and vinegar in a large bowl. Core apples, cut into quarters or eighths, depending on size. Drop apples into vinegar solution to prevent discoloration. To prepare syrup place vinegar, water, sugar, ginger and cinnamon in a large stainless steel or enamel kettle. Tie cloves in cheesecloth; add to kettle; bring to a boil. Rinse one quarter of the apples well and add to the boiling syrup. Return to a boil; simmer, uncovered, until apples are barely tender, 3 to 5 minutes. With a slotted spoon remove apples to a large bowl; repeat with remaining apples. Add grapes to boiling syrup; simmer, uncovered, until skins break, about 1 minute. Add to the bowl containing apples. Pour syrup over fruits and refrigerate overnight. To process, place fruits and syrup in a large kettle; bring to a boil. Pack fruits and syrup into six 1-pint hot sterilized canning jars, leaving ¼-inch head space. Place a cinnamon stick half in each jar. Cover, following manufacturer's directions. Process in boiling water bath for 20 minutes. Cool jars and check seals according to manufacturer's direction.

YIELD: Six 1-pint jars

OVERNIGHT CUCUMBER PICKLE

- 5 firm medium-sized cucumbers (3 lbs.)
- 1¾ teaspoons salt
- 2½ cups cider vinegar
- 2 cups sugar
- 2 teaspoons mustard seed
- 1 teaspoon celery seed
- 1 teaspoon ground ginger
- 1 teaspoon turmeric

Slice cucumbers ½-inch thick (makes about 10 cups); place in a large bowl. Sprinkle with salt, mix well. Let stand for 1 hour. Drain well. In a large sauce pot combine vinegar, sugar, mustard seed, celery seed, ginger and turmeric; bring to a boil. Add cucumbers; simmer, covered, until crisp-tender, about 10 minutes. Pour into a container with a tight fitting lid. Refrigerate overnight before serving.

YIELD: 3 quarts

First Class



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